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**ITANO REFRIGERATED FOOD
CO LTD**

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(54) **ASTAXANTHIN-CONTAINING FOOD OR DRINK**

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain food or drink having action preventing cataract or action suppressing progress of the cataract, excellent in safety and useful for medicines, etc., by adding astaxanthin (ester).

SOLUTION: This food or drink is obtained by adding astaxanthin, e.g. obtained by subjecting a natural product such as krill to extraction treatment and/or its ester permissible as a edible use. Furthermore, it is preferable to produce a medicine for preventing cataract or suppressing the progress of the cataract by using the astaxanthin and/or its pharmaceutically permissible ester and daily dose of astaxanthin (ester) is preferably 1-20 mg/adult.

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